



Housatonic Valley Health District

COVID-19 RECOMMENDATIONS: BUSINESSES & MUNICIPALITIES

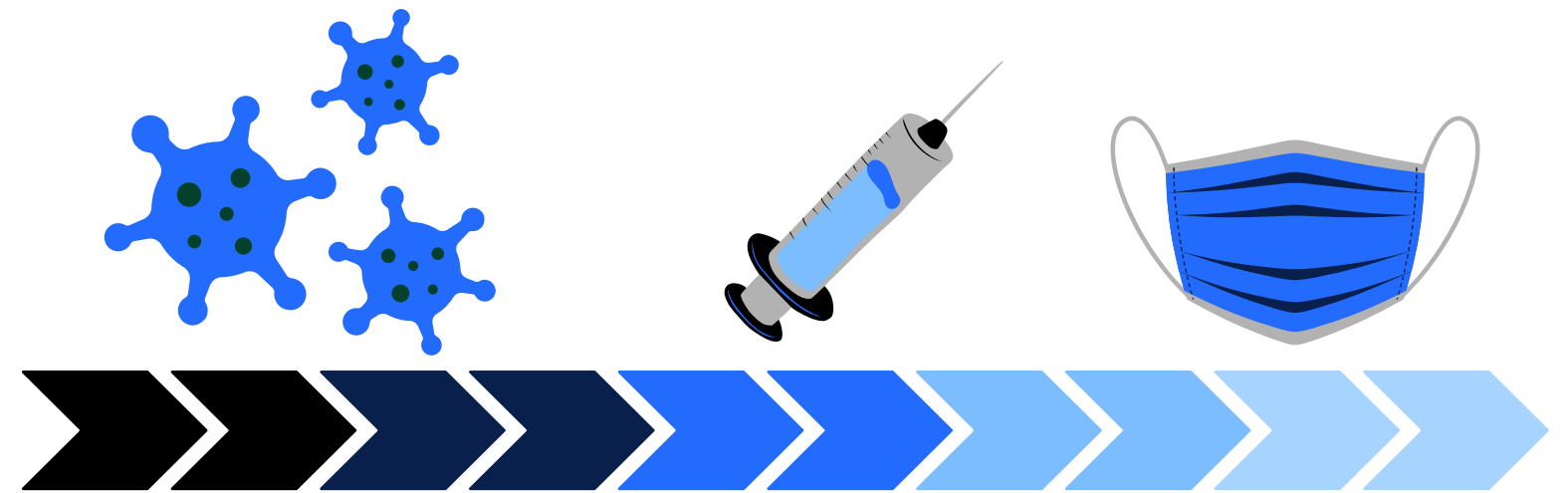
August 1, 2022

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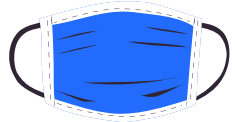


HOUSATONIC VALLEY HEALTH DISTRICT

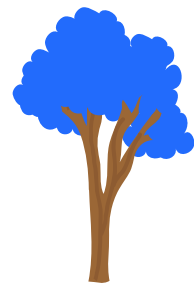


COVID-19 Recommendations

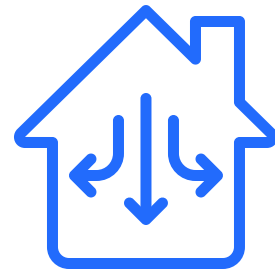
HVHD acknowledges the effectiveness of mask wearing as a way to mitigate the spread of COVID-19.
We respect individuals and businesses choices to unmask.



Wear a well-fitting mask
when in crowded groups.



Spend time socializing outside
with people who you don't live
with, when possible.



Good ventilation can
reduce the spread of
COVID-19 and lower the risk
of exposure.

Enhanced cleaning and
disinfection is also
recommended.

Plan activities to take place
outside as much as
possible.



Get tested if you are
experiencing COVID-19
symptoms or have been notified
of higher-risk close contact
exposure (e.g. household
exposures, crowded social
gatherings).



Practice **proper hygiene**
(wash hands regularly,
cover your mouth/nose
when coughing and
sneezing) and stay
home if you are not feel
well.



Self-isolate for **5 days** if you
test positive for COVID-19 &
wear a mask around others
for an additional 5 days.

Self-isolate for **10 days** if you
are under the age of 3 or
unable to wear a mask.

HOUSATONIC VALLEY HEALTH DISTRICT



COVID-19 Recommendations

What Prevention Steps Should You Take Based on Your COVID-19 Community Level?



Stay informed.
Check the CDC's Community
Level and recommendations
frequently.

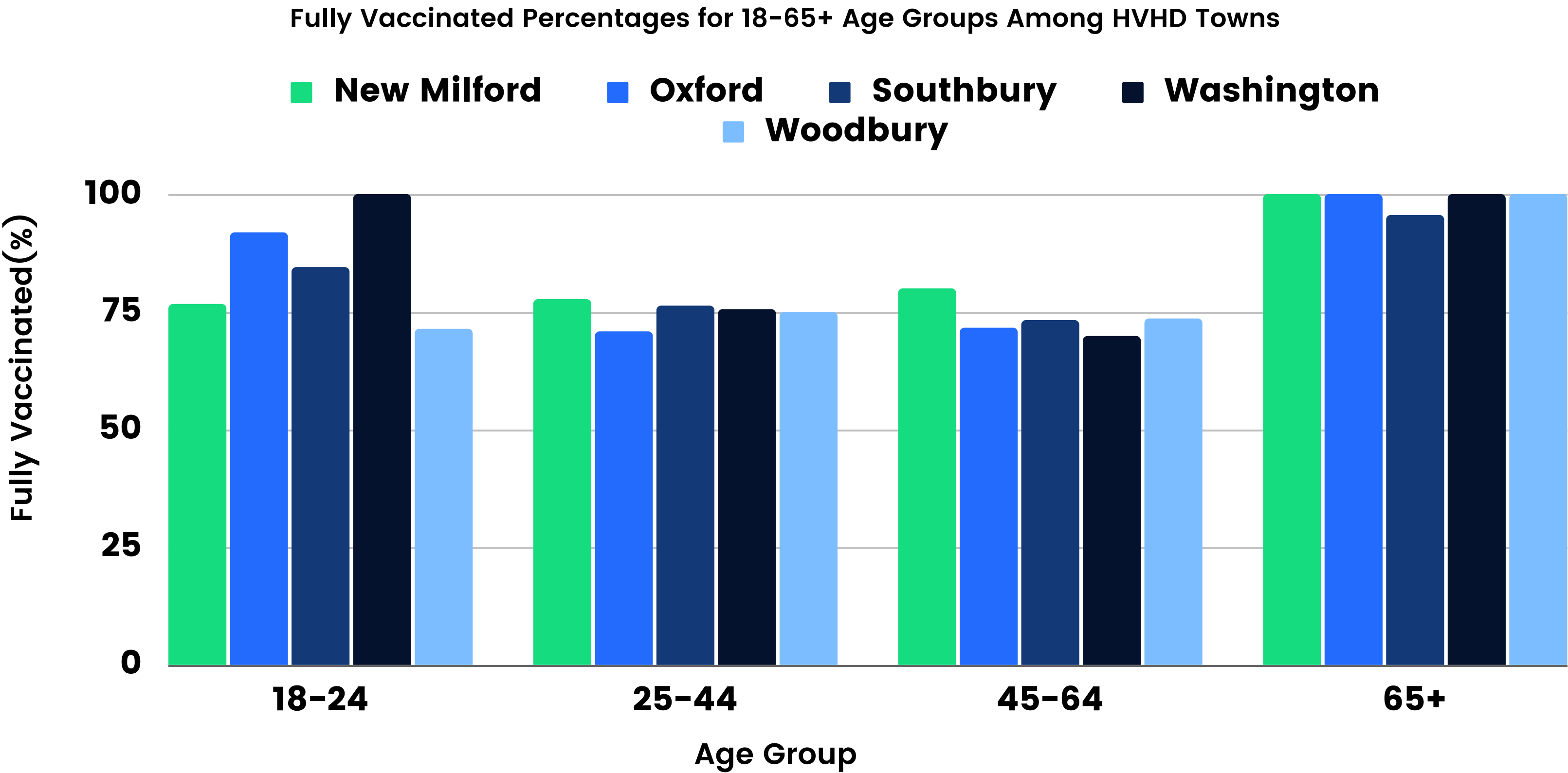
Low	Medium	High
<ul style="list-style-type: none">Stay up to date with COVID-19 vaccinesGet tested if you have symptoms	<ul style="list-style-type: none">If you are at high risk for severe illness, talk to your healthcare provider about whether you need to wear a mask and take other precautionsStay up to date with COVID-19 vaccinesGet tested if you have symptoms	<ul style="list-style-type: none">Wear a mask indoors in publicStay up to date with COVID-19 vaccinesGet tested if you have symptomsAdditional precautions may be needed for people at high risk for severe illness
<p>People may choose to mask at any time. People with symptoms, a positive test, or exposure to someone with COVID-19 should wear a mask. Masks are recommended in indoor public transportation settings and may be required in other places by local or state authorities.</p>		

Source: [CDC COVID-19 by County](#), Retrieved July 18, 2022

COVID-19 METRICS: SCHOOLS (FULLY VACCINATED AMONG AGES 18-65+)

Source: CT DATA: COVID-19 VACCINATIONS BY TOWN AND AGE GROUP

Updated 7/7/2022

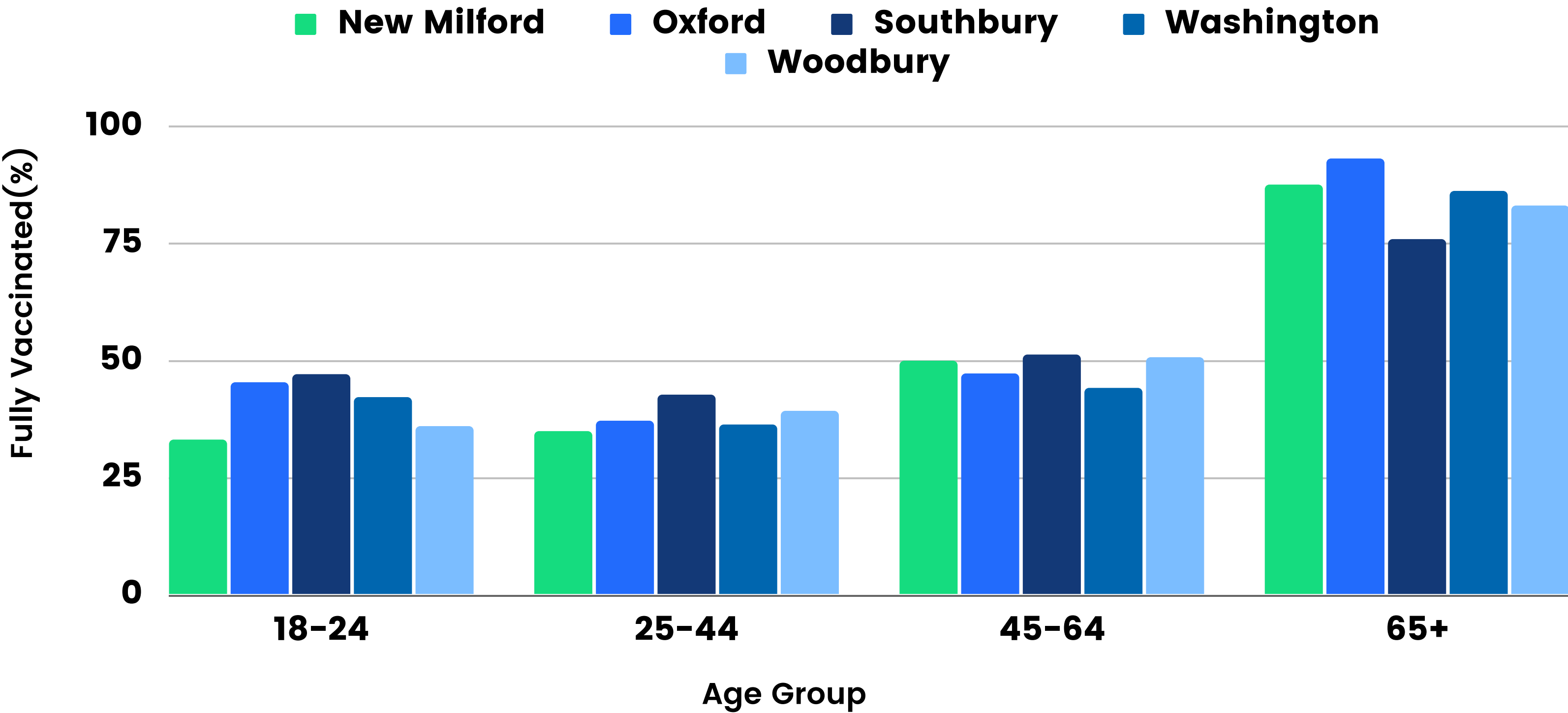


COVID-19 METRICS: SCHOOLS (ADDITIONAL DOSE RECEIVED AMONG AGES 18-65+)

Source: CT DATA: COVID-19 VACCINATIONS BY TOWN AND AGE GROUP

Updated 7/7/2022

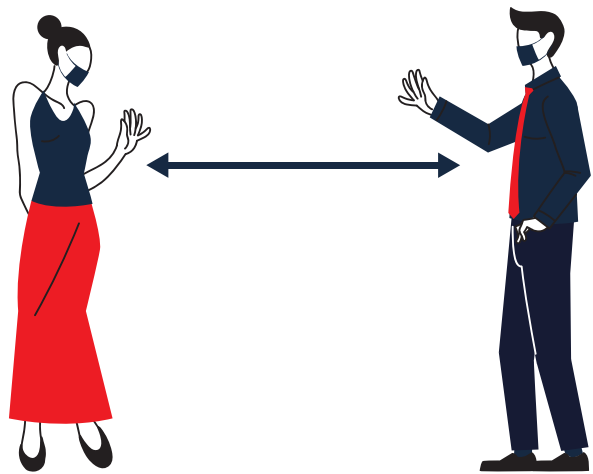
Additional Dose Received Percentages for 18-65+ Age Groups Among HVHD Towns



COVID-19 VACCINE ELIGIBILITY

	Pfizer	Moderna	Johnson & Johnson
Ages 18+	Primary Series: <ul style="list-style-type: none"> 2 doses; 3-8 weeks apart Booster: <ul style="list-style-type: none"> 1 booster; 5 months after the final dose in the primary series Ages 50+ can choose to receive a 2nd booster 	Primary Series: <ul style="list-style-type: none"> 2 doses; 4-8 weeks apart Booster: <ul style="list-style-type: none"> 1 booster; 5 months after the final dose in the primary series Ages 50+ can choose to receive a 2nd booster 	Primary Series: <ul style="list-style-type: none"> 1 dose Booster: <ul style="list-style-type: none"> 1 booster; 2 months after the final dose in the primary series Anyone who received J&J may receive a 2nd dose of Pfizer or Moderna at least 4 months after their 1st booster Ages 50+ can choose to receive a 2nd booster
Ages 12 – 17 years	Primary Series: <ul style="list-style-type: none"> 2 doses; 3-8 weeks apart Booster: <ul style="list-style-type: none"> 1 booster; 5 months after the final dose in the primary series 	Primary Series: <ul style="list-style-type: none"> 2 doses; 4-8 weeks apart Booster: <ul style="list-style-type: none"> Not yet authorized 	N/A
Ages 5 – 11 years	Primary Series: <ul style="list-style-type: none"> 2 doses; 3 weeks apart Booster: <ul style="list-style-type: none"> 1 booster; 5 months after the final dose in the primary series 	Primary Series: <ul style="list-style-type: none"> 2 doses; 4-8 weeks apart Booster: <ul style="list-style-type: none"> Not yet authorized 	N/A
Ages 6 months – 5 years	Primary Series: (ages 6 mo. – 4 yrs) <ul style="list-style-type: none"> 3 doses <ul style="list-style-type: none"> 3- 8 weeks apart between 1st & 2nd dose At least 8 weeks between 2nd & 3rd dose Booster: <ul style="list-style-type: none"> Not yet authorized 	Primary Series: (ages 6 mo. – 5 yrs) <ul style="list-style-type: none"> 2 doses; 4 – 8 weeks apart Booster: <ul style="list-style-type: none"> Not yet authorized 	N/A

DEFINITIONS:



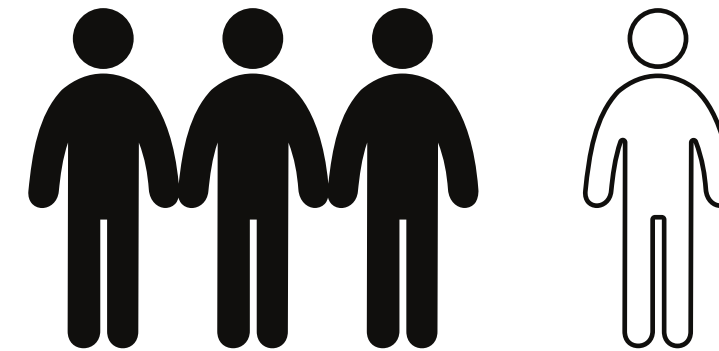
Close Contact

Someone who was less than 6 feet away from sick person for a cumulative total of 15 minutes or more over a 24-hour period.



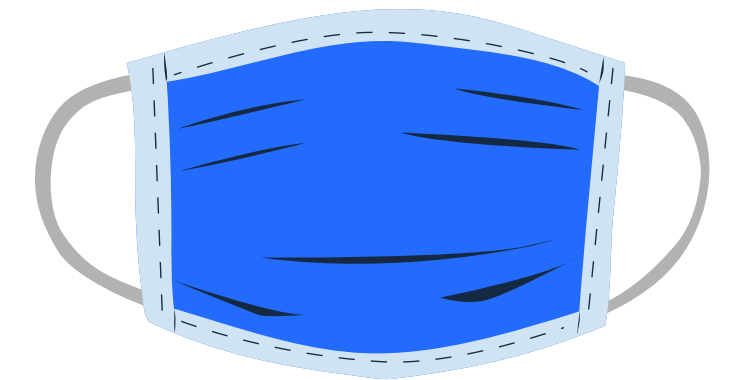
Quarantine

Keeps someone who was in close contact with someone with COVID-19 away from others.



Isolation

Keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.



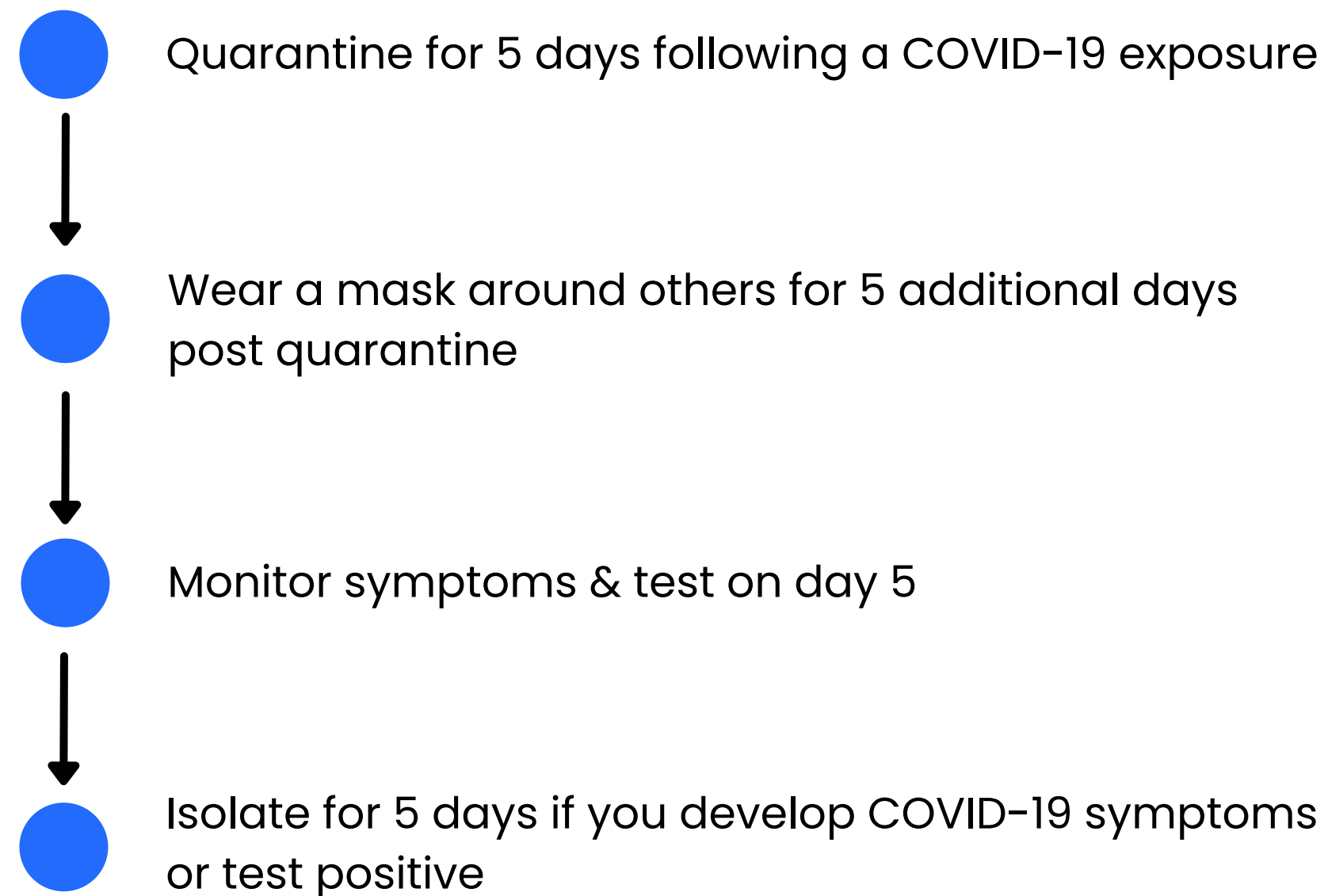
Mask Wearing

Covers nose and mouth and fits tightly on face.

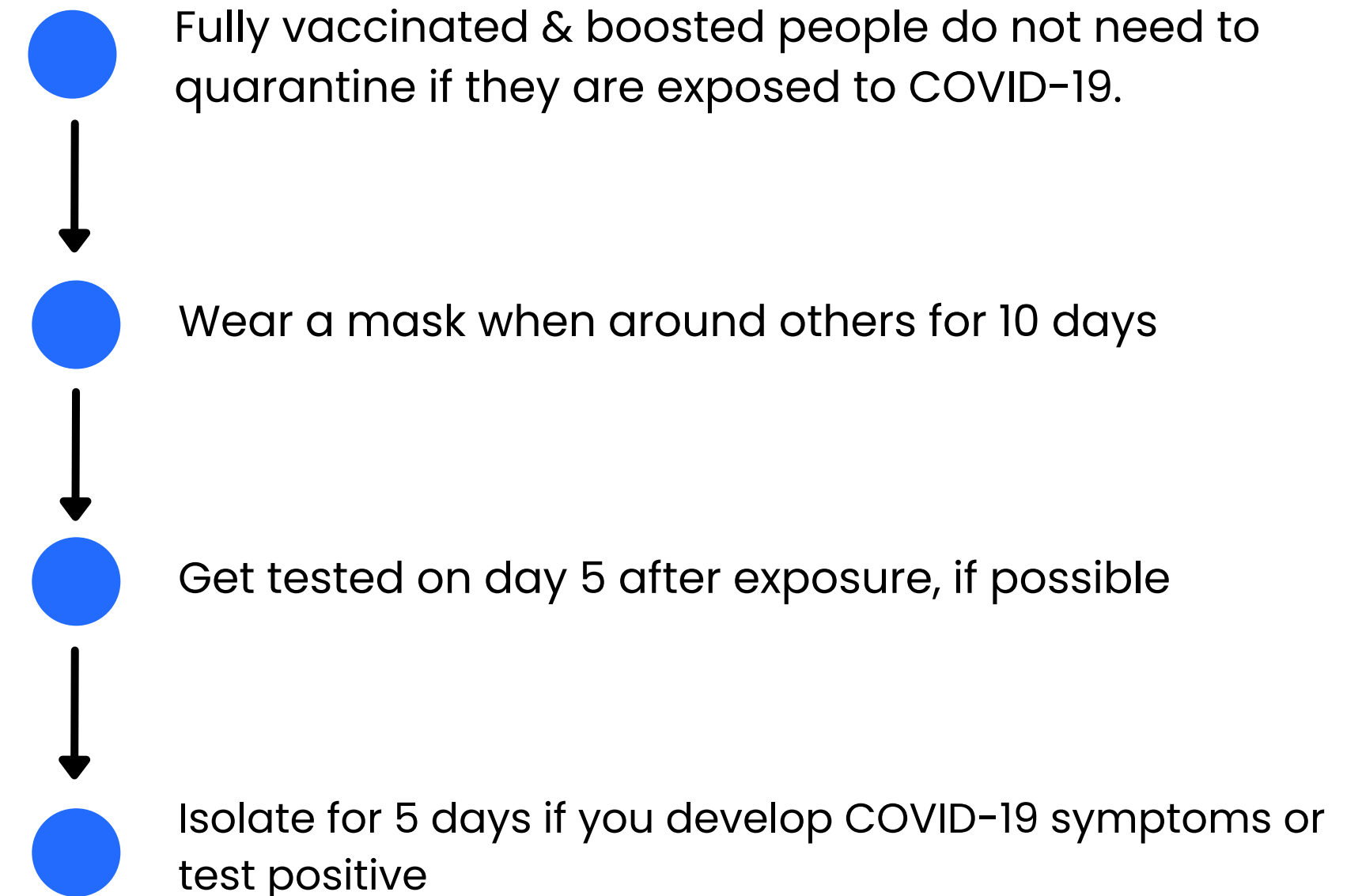
QUARANTINE GUIDELINES

Source: [CDC Quarantine and Isolation Guidelines \(updated March 30, 2022\)](#)

UNVACCINATED & NOT BOOSTED:



FULLY VACCINATED & BOOSTED:



SELF-ISOLATION GUIDELINES

Source: [CDC Quarantine and Isolation Guidelines](#) (updated March 30, 2022).

IF YOU TEST POSITIVE OR HAVE SYMPTOMS: REGARDLESS OF VACCINATION STATUS



Self-isolate for **5 days** following a positive test or onset of symptoms. Wear a well fitting mask when around others in your home.

Wear a mask around others for **5 additional days** post self-isolation.

OTHER CONSIDERATIONS



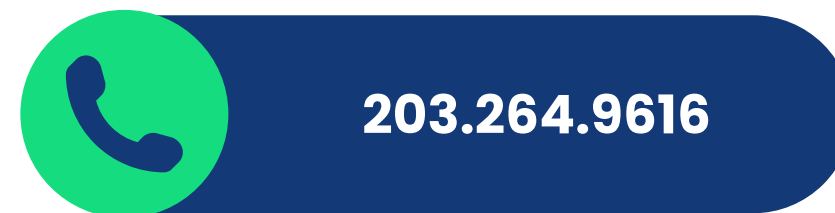
Wear a mask for the full 10 days when around others.



Do not travel until a full 10 days after your symptoms started or the date of your positive test was taken.



Avoid being around people who are more likely to get very sick from COVID-19.



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